

***Parent/Toddler - \$50 per student**

Age: 18 mos. to 4 years; must be 18 months old as of July 31, 2021; max of 12 students per class; eight 30 minute classes

This class is designed for the parent and toddler. The class will focus on getting the children familiar with the water, ways to hold your child in the water, and preparation for Fins 1. With parent interaction, our certified lifeguards will teach swimming readiness through blowing bubbles, working on back float skills, and the beginning of front crawl. Your child will gain coordination and confidence in the water.

***Fins I - \$50 per student**

Average Age: 4-6 years old - must be 4 by July 31, 2021; max of 8 students per class; eight 30 minute classes

- Blowing bubbles
- Immersing face fully for three seconds
- Flutter kick front and back
- Introduction to front crawl arms
- Introduction to back crawl arms
- Front and back float, 5 seconds
- Front and back glide, 5 seconds
- Walk in chest-deep water
- Encounter deep water (6 ft)
- Reach assistance
- Safety tips and water safety skills

***Fins II - \$50 per student**

Average Age: 6-8 years old; max of 8 students per class; eight 45 minute classes

- Immersing entire body for 3 seconds
- Shallow water bobbing
- Capture objects in chest-deep water with assistance and open eyes
- Jump into chest-deep water and recover
- Front and back float, 15 seconds
- Tuck/rock and jellyfish float, 10 seconds
- Front and back glide, 10 seconds
- Turning over front and back with assistance (Log Roll)
- Flutter kick front and back
- Introduction to rotary breathing
- Front crawl with rotary breathing, 5 yards
- Back crawl, 5 yards
- Encounter deep water (12 ft)
- Simple lifesaving and water safety skills

***Fins III - \$50 per student**

Average Age: 7-10 years old; max of 8 students per class; eight 45 minute classes

- Captures objects in chest-deep water, without help and eyes open
- Deep water bobbing
- Encounter deep water by jumping from diving boards
- Front and back glide, two body lengths
- Turning over front and back without assistance
- Front crawl without help, rotary breathing, 10 yards
- Back crawl without help, 10 yards
- Elementary backstroke, 10 yards
- Introduction to treading water with all kicks, 2 min.
- Dive from side of pool using kneeling and compact positions
- Simple lifesaving and water safety skills

***Fins IV- \$50 per student**

Average Age: 7-10 years old; max of 6 students per class; eight 45 minute classes

- Front crawl, rotary breathing, 25 yards (length of pool)
- Back crawl, 25 yards
- Elementary backstroke, 25 yards
- Breaststroke, 15 yards
- Sidestroke, 15 yards
- Butterfly, 15 yards
- Open turns
- Feet-first surface dive
- Dive from side of pool using standing position and 3-step approach
- Introduction to long, shallow diving from side of pool
- One completed dive from standing position from the diving boards
- Encounter 12 ft with extension pole
- Tread water with scissors, breaststroke, and rotary kicks: one minute each
- Lifesaving and water safety skills

***Fins V- \$50 per student**

Average Age: 9-12 years old; max of 6 students per class; eight 45 minute classes

- Front crawl, rotary breathing, 50 yards
- Back crawl, 50 yards
- Elementary backstroke, 50 yards
- Breaststroke, 25 yards
- Sidestroke, 25 yards
- Butterfly, 25 yards
- Swimming underwater, 10 yards
- Open and flip turns
- Using the feet first surface dive, retrieve a brick from 6-foot depth
- Encounter 12 ft. with extension pole
- Introduction to 3-step approach from diving boards, using 3-step approach with dives
- Complete tuck and pike jumps from diving boards
- Long, shallow diving from diving boards
- Tread water using all kicks, 5 minutes continuous
- Lifesaving and water safety skills

***Private Lessons - \$90 per student**

Available during any of the four sessions. Students will receive one on one instruction for four 45 minute classes. The dates and times will be set up with the instructor.